

The Effect of Uterine Fibroids on Pregnancy Outcomes

JV Bromberg, J Goldberg*, K Rychlak, L Weinstein (Jefferson Fibroid Center
Department of Obstetrics and Gynecology, Jefferson Medical College, Philadelphia, PA)

Objective: The objective of this study was to determine the effect of uterine fibroids on pregnancy outcomes.

Methods: This was a retrospective, matched cohort study of 165 pregnancies with uterine fibroids and a similar number without uterine fibroids identified through our departmental ultrasound database. We then collected data on patient characteristics, fibroid measurements, and pregnancy outcomes from the ultrasound database, office charts, and hospital records. Data was analyzed using univariate and multivariate analysis.

Results: Both groups were similar with respect to age, race, and parity. Most pregnancies with and without uterine fibroids delivered at term (median 39 weeks), with similar birth weights. Pregnancies with fibroids had a higher overall cesarean section rate (50% versus 31%, $p < 0.001$), a higher unplanned cesarean section rate (41% versus 23%, $p = 0.001$), greater blood loss (median 450 cc versus 350 cc, $p = 0.025$), greater hemoglobin decrease during delivery (median 1.5 g/dl versus 1.1 g/dl, $p = 0.01$), greater maternal length of stay (median 3 days versus 2 days, $p < 0.001$), and greater neonatal length of stay (median 3 days versus 2 days, $p < 0.001$). Pregnancies with fibroids also had an increased risk of neonatal NICU admissions, need for blood transfusion, preterm labor, and malpresentation, although not at a level of statistical significance.

Conclusion: Pregnancies with uterine fibroids did well overall, with most delivering at term. These pregnancies did have increased rates of cesarean delivery, greater blood loss, and longer neonatal and maternal length of stay.